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Cities call for changes

CONSULTATIONS

Feds' plan for infrastructure needs flexibility, leaders say

Canadian municipalities want the federal government to change the way it decides how much money cities should get for transit and water projects.

The changes outlined in June to the federal infrastructure minister would potentially, if implemented, give more money to smaller communities to help them build a transit system or improve private septic systems.

Municipal leaders are also looking to the Liberals to set aside a significant amount of money for social housing over the coming decade, and to continue funding up to half of eligible project costs to help cities more easily manage project expenses.

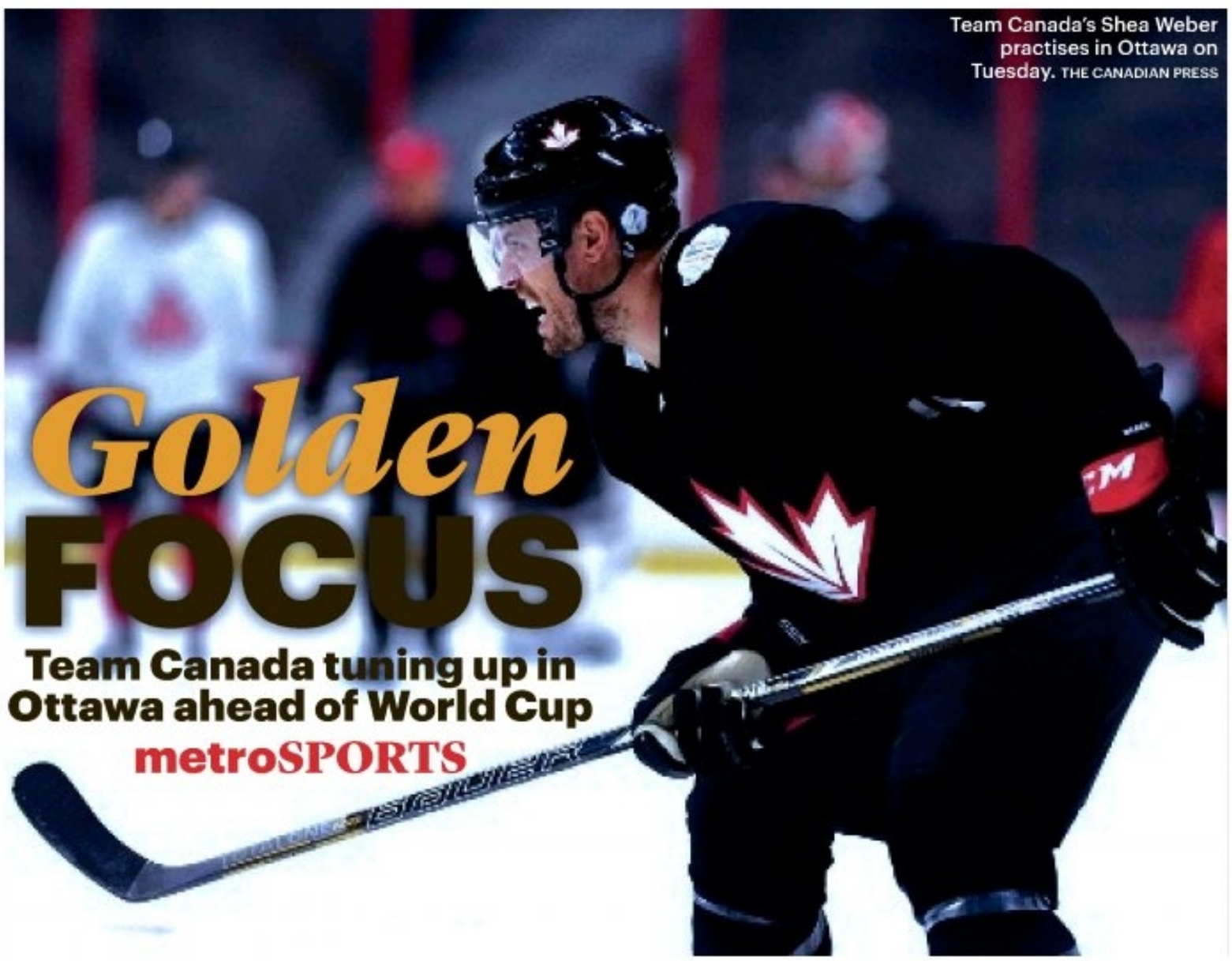
The details are contained in summary reports prepared for Infrastructure Minister Amarjeet Sohi after he met in early June with mayors, reeves and officials with the Federation of Canadian Municipalities as part of consultations on the second phase of the government's 10-year, $60-billion infrastructure program.

Another round of consultations is scheduled for Wednesday in Edmonton. The final outline of how Phase 2 will work is to be released within the next year.

Community leaders told Sohi they wanted the federal government to allocate money to cities under the second phase instead of making them apply for federal help.

Smaller communities say they usually have to outsource work to prepare a business case needed to land federal funding, but are spending the money without any certainty that their application will be approved.

THE CANADIAN PRESS



Team Canada's Shea Weber practises in Ottawa on Tuesday. THE CANADIAN PRESS

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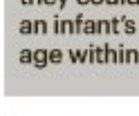
Stanford rapist Brock Turner registers as a sex offender. **World**

Medical researchers help preterm babies globally

HEALTH

Blood drawn from heel may help doctors treat infants



Emma Jackson
Metro | Ottawa

A routine test for Ontario's infants could soon become a game-changer for underweight babies born in third-world countries.

Researchers from the Ottawa Hospital, CHEO and the University of Ottawa are leading an international team to better predict an infant's gestational age when it's born.

This might seem redundant in Canada, where standard ultrasounds offer highly accurate due dates. But in third-world countries mothers may not know how far along they are when they go into labour, said Dr. Kumanan Wilson, an Ottawa Hospital researcher leading the study.

In those cases, it's hard to tell if a particularly tiny baby is premature or suffering from low birth weight — and so it's also hard to tell how to treat them.

But a simple heel prick could change that.

If Wilson's team is successful, the rapid blood test could be done on-site and would more accurately calculate gestational age.

"Are they small because they're sick, or because they're premature?" Wilson said.

Even in the poorest countries, this would at the very least allow doctors to better monitor a premature baby's development, and to delay vaccination schedules accordingly, Wilson said.

But the model needs to be tested on a global scale, which is what the $1.2-million US grant from the Bill and Melinda Gates Foundation will allow.

Over the next two years, the age calculator will be applied to existing Chinese and Philippine infant data to see if it still yields the same level of accuracy.

Field researchers will also collect new samples from infants born in Bangladesh and Zambia, to be sent to CHEO for screening.

As an added bonus, the families of those Bangladeshi and Zambian babies could get a life-saving heads-up if the screening identifies one of 28 diseases that can also be detected.

In Ontario, the heel prick test is used to identify things like sickle cell, cystic fibrosis and hyperthyroid.

ACCURACY

- The team is expanding on a pilot project which analyzed 400,000 Ontario heel-prick tests and found that, along with sex and birth weight information, they could accurately guess an infant's developmental age within a week or two.

Researchers from the Ottawa Hospital, CHEO and the University of Ottawa are leading an international team to better predict an infant's gestational age when it's born. COURTESY THE OTTAWA HOSPITAL

PUBLIC SERVICES

Rosemount wants new library

Haley Ritchie
Metro | Ottawa

While plans to build a new central branch library are centre stage this year, residents in Hintonburg want the city's library board to find space for a new branch in the growing neighbourhood.

The current building on Rosemount Avenue was built in 1918 with a Carnegie grant and hasn't been renovated since 1982.

Richard Van Loon, chair of the group advocating for expansion, said the Rosemount branch is old and overcrowded and people often have to sit on the floor.

"It's a very small facility given the business it gets," he said. "Its circulation per square foot is the second highest in the city. In terms of library branch size, it's in the lower half of the city."

"It can be really tough to find space to sit and read, or find study space," agreed Kitchissippi Coun. Jeff Leiper. "A lot of the amenities that other branches have taken for granted, we don't have."

The 6,089-square foot building has been at the top of the renewal list for years, and Leiper said the board has plans for a $1-million renovation.

Leiper said other possible locations have been looked at, including leasing a storefront from new developments,

"The community is willing to be patient," said Leiper.

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‘Sparky’ welcomes back students

BACK TO SCHOOL

Peters voted favourite crossing guard two years ago

Sandra Peters headed back to school for her 15th year as a crossing guard at Roberta Bondar Public School in Greenboro on Tuesday. Staff and students at the school say there is no one else like her. ERIN MCCRACKEN/METROLAND MEDIA

Excited students returning to classes at Roberta Bondar Public School yesterday once again received a warm welcome by one of their biggest fans.

Many know their school’s veteran crossing guard, Sandra Peters, as Sandra, Sandy or even Sparky, a nickname she picked up a decade ago from a previous principal when her first married name was Sparks.

Armed with her trusty stop sign, baseball cap, sunglasses and brightly coloured safety vest, Peters once again took up her spot at the corner of Lorry Greenberg Drive and Pike Street near the Greenboro elementary school, a post she has watched over for the past 15 years.

She’s there from 8:35 to 9:05 a.m. and again on weekday afternoons from 3:25 to 4 p.m. Eight years ago she also joined Sawmill Creek Elementary School in Blossom Park to safeguard walking students from 7:30 to 8 a.m. and then from 2:30 to 3 p.m.

Most of the more than 700 students in kindergarten to Grade 8 at Roberta Bondar walk to school, and the majority of those count themselves fortunate to cross the street at Peters’ corner.

“I’m always excited to see the kids,” the Greenboro resident said.

She has become famous for the costumes she wears on special occasions, such as her bat-themed ensemble last Halloween. She also dons red and white and hands out candy canes at Christmas and dresses as the Easter bunny — complete with a tall set of bunny ears — and hands out chocolate treats to her young charges.

“She goes all out and it’s for the kids,” said Marnie Patterson, principal at Roberta Bondar. “Kids, parents, staff here are always waiting anxiously to see what costumes she’ll have on.

“She is amazing. There’s nobody like her.”

Even parents driving their children to school also take note of her creative costumes and often slow down to take a look and joyfully honk and wave in appreciation.

Safety is also always top of mind for Peters.

“If she perceives there is a problem or that there’s someone being inappropriate then she brings that to our attention,” said Patterson. “It’s all (about) working together for the care of our kids.”

> **She is amazing. There’s nobody like her.**
> Marnie Patterson, principal at Roberta Bondar

Having got to know many of the children over the years, nothing escapes her notice, such as when a student came to school one day in chilly weather without a coat on.

Peters had a quick word with Patterson.

“He had a brand new coat the next day,” Peters said.

Derick Bulley, who teaches Grade 7 at Roberta Bondar, was impressed earlier this year when one of his students chose Peters as the subject of his ‘heroes’ report for the difference she makes in the community and for her positive attitude.

“I thought that was excellent,” Bulley said.

For her dedication, Peters was voted Ottawa’s favourite crossing guard two years ago — the inaugural year the citywide award was given out by the Ottawa Safety Council.

Peters was first hired on as a crossing guard when she was volunteering at Roberta Bondar when her own daughter was a student there. Peters still puts in extra hours serving pizza lunches on Fridays and volunteering as a community representative on the school’s parent council.

“I love it,” Peters said of her job. “There’s no homework involved, and it gives me time during the day to do stuff.”

The longtime crossing guard plays an important role in ensuring those kids who cross the street at her corner get their day off to a positive start and wrap up their school day in a similar fashion.

“It’s that feeling of ‘I’m valued, somebody’s happy to see me,’ and it just starts the day on that happier note,” Patterson said. “And those kids are going to have a better mindset to get their day started on the right foot.

“You bookend their day — happy happy,” Patterson told Peters. “Even when it’s pouring rain and its minus 500, you never miss. You’re always there.”

ERIN MCCRACKEN/METROLAND MEDIA

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Support needed for SuperWalk

When hundreds gather for Ottawa’s annual Parkinson SuperWalk, their presence will serve as a reminder that Stan Marshall is not alone in the fight against what he calls a “nasty” and “insidious” disease.

“It feels good to be part of a community that understands where you’re at,” said the Alta Vista resident, who was diagnosed about five years ago at age 62.

But, he said, it’s a double-edged sword. “I’m always disappointed there’s so many people that face this,” said Marshall. “For every person that has Parkinson’s, there are others that are directly impacted — your children, your wife or husband, your friends.”

And so on Sept. 10 at the Ron Kolbus Lakeside Centre in the city’s west end, Marshall and hundreds of others will unite to make a difference by raising awareness and funds for advocacy, education, supports and research.

More research is needed to find a cure for the neurodegenerative disease that strikes many people differently. Even the rate of progression is different for everyone.

More than 100,000 people in Canada have the disease in which dying nerve brain cells stop producing dopamine, a chemical that sends signals to the part of the brain that controls movement.

To register, donate or for more event details, visit parkinsonsuperwalk.ca, or email Shauna Quinn at shauna.quinn@parkinson.ca or call 613-722-9238. You can also register at the event.

Registration begins at 9 a.m. and the walk gets underway at 10:30 a.m.

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Cameron Smedley of Canada competes during the canoe single C1 men's heats of the Canoe Slalom at the 2016 Summer Olympics. AP PHOTO/KIRSTY WIGGLESWORTH

Canoeist enjoys being Olympian

ACHIEVEMENT

Local athlete found pleasure in the games and Rio itself

"At what point do you call yourself an Olympian?" said West Carleton's Cameron Smedley. "Is it after you competed or once you are at the games?"

The question came to him when he was at the opening ceremonies of the summer Olympics in Rio de Janeiro.

The determination was never made when he was there, but now that he is home, the label of him being an Olympian has begun to settle in.

"I (think) I was shocked I was actually at the games," Smedley said. "Going around and meeting other amazing athletes, listening to their stories and being alongside them."

Smedley was expecting to go to the London Olympic Games in 2012, but the International Canoe Federation executive committee decided to interpret the Olympic qualification rules in a different way than expected, which meant his bid to become an Olympian four years ago was dashed.

But that didn't deter him, and the world class canoeist realized his dream this year.

When the Olympics began on Aug. 5, Smedley was there to walk in with the Canadian athletes in the opening ceremony.

Smedley didn't have long to wait for his men's canoe single (C1) slalom event. The heats started on Aug. 7 at the Whitewater Stadium.

There were two runs with the best time taken into account. Smedley wrapped with a time of 104.83 seconds and a 15th-place finish, which ended his Olympic run. He missed out on the semi-final by a margin of 2.05 seconds.

Smedley had a bit of a mishap the day before, when his back went into spasms. He and his mother, Sherri, who is a physiotherapist worked frantically to get it back to full power.

Despite his disappointment, Smedley was set on enjoying his Olympic experience. He stayed until the closing ceremony on Aug. 21, taking in both the games and the city.

Currently, Smedley is in a break mode from his canoe with preparations to return to school and finish his last couple of semesters at Carleton University in mechanical engineering.

"It's kind of hard to stay away from the river," he laughed.

SCOTT CAMPBELL/METROLAND MEDIA

STITTSVILLE

Gym named for wresting champ

The gymnasium at the Goulbourn Recreation Complex (GRC) in Stittsville is now the "Erica Wiebe Gymnasium."

The naming of the gymnasium after the 2016 Rio Olympics wrestling champion was recently approved unanimously by Ottawa city council.

Coun. Shad Qadri had sought and received from council approval to waive its normal rules of procedure and deal with the motion at the Aug. 31 meeting.

An official naming ceremony will be held but details are still to be worked out, dependent on when Wiebe might be back home from Calgary, where she now lives and trains.

Born on June 13,1989, Wiebe, now 27, grew up in Stittsville, attending Holy Spirit Catholic School on Stittsville Main Street and then moving on to grade seven at Sacred Heart Catholic High School where she first wrestled in Grade 9.

On Aug. 18, she won four straight matches to capture the gold medal in the women's freestyle wrestling 75 kilogram class.

This was the culmination of nine years of training in Calgary as she became the first Canadian Olympic wrestling champion since 2008, winner of Canada's 17th wrestling medal all time and winner of Canada's fourth gold medal at the Rio Olympics.

JOHN CURRY/ METROLAND MEDIA

Firefighters battle a blaze at 13 Lebreton Street North on Tuesday morning. COURTESY OTTAWA FIRE SERVICES

CHINATOWN

Police investigate suspicious house fire

Haley Ritchie
Metro | Ottawa

Police are investigating a suspicious fire after a three-alarm blaze destroyed a vacant house in Chinatown.

Fire services received multiple 911 calls around 1 a.m. on Tuesday morning reporting flames and smoke visible from the abandoned two-storey house at 13 Lebreton Street.

The building was already engulfed in flames when firefighters arrived and the fire level was quickly upgraded. A tower of black smoke, large flames and exploding electrical wires are visible in video footage captured during the fire. One side of the building collapsed.

The fire was mostly put out an hour later, according to fire services spokesperson Danielle Cardinal.

Four people living in the upper level of the neighbouring Annunciation Orthodox Church were evacuated and are temporarily homeless. The Salvation Army and the Red Cross have been called in to help.

The damage to the church is estimated to be $250,000 according to Cardinal.

A value wasn't given for the collapsed building next door, since Ottawa Fire doesn't estimate damage for buildings slated to be demolished.

One firefighter sustained a minor injury.

The fire on Lebreton follows three other suspicious cases earlier this summer. On Aug. 15, firefighters were called to two vacant homes in Vanier and another suspicious fire took place at a vacant home in Mechanicsville on July 6.

City expects 2016 surplus

BUDGET

Modest savings could be lost if new claims, storms arrive

Emma Jackson
Metro | Ottawa

The city is on track to post a $6.6-million surplus in 2016 — a far cry from last year's $41.8-million deficit — but storms of several sorts threaten to bury the modest savings.

Between Jan. 1 and June 30 this year, the city managed to skim $4.7 million off its tax- and rate-supported ledgers, largely thanks to a corporate-wide hiring freeze and a lock on discretionary spending.

If those savings continue, the city could save $6.6 million by Dec. 31, staff said Tuesday.

But there are huge unknowns within the city's predictions.

Staff have assumed normal snowfall levels in November and December, but a significant snowstorm could put Public Works even further into the hole, said deputy treasurer Isabelle Jasmin. The department's already $10.6 million behind thanks to February's record-breaking blizzard.

And "we don't have estimates" to predict the impact of increased workers' compensation claims now that first responders are eligible to claim their post-traumatic stress disorder under WSIB, Jasmin said.

Fire Services is already down $3.8 million because of increased WSIB claims for several types of cancer, including lung cancer, which were added to the eligibility list earlier this year.

But there were also savings in the planning and infrastructure department and higher recycling revenues. The city eliminated 36 vacant full-time positions, received an extra $2.4 million in Hydro Ottawa, and another $4.2 million from additional growth. Staff expect the mid-year $3.1-million surplus to level out to $1.6 million by December.

Rate-supported programs like water and sewage could see a $5 million year-end surplus, thanks to lower operating costs and higher water use during the dry summer.

If the surplus sticks, Jasmin said it will help replenish the reserves that covered last year's massive deficit.

SCHOOL BOARDS

Most complaints about schools resolved internally

The office of Ontario's ombudsman received more than 700 complaints in the first year it had oversight of school boards, but says 85 per cent were resolved without a formal investigation.

Ombudsman Paul Dube says he's had excellent cooperation from most of Ontario's 82 school boards, allowing his office to resolve some "difficult issues" without having to launch full investigations.

About one-third of the complaints were resolved when ombudsman staff provided simple referrals or information to the appropriate school or board officials.

Dube says the most common complaints were about student safety and security, special education, school and board staff, and busing.

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Canada not perfect on rights: Trudeau

POLITICS

PM raises concerns with China's elites

When Justin Trudeau raised concerns directly with China's political elite about their human-rights record, he says he also acknowledged that Canada isn't perfect.

The prime minister shared more details Tuesday about his high-level talks last week with Beijing, sessions that included face time with President Xi Jinping and Premier Li Keqiang.

Trudeau told a business luncheon in Hong Kong that he brought up his concerns in those meetings, ranging from consular cases, rule of law, governance and corruption.

"(I) talked about the challenges, but also talked about the fact that Canada is not immune to criticisms on human rights, either," he said during an on-stage interview hosted by the Canadian Chamber of Commerce in Hong Kong.

"The perspective that a lot of countries have is, 'Well, you know, foreign countries or foreign observers shouldn't be criticizing what are internal matters to us.'"

He said he pointed out how a UN rapporteur put out a "scathing report" a few years ago on Canada's treatment of Indigenous Peoples, of missing and murdered aboriginal women and girls and other challenges.

Trudeau's Hong Kong event came on the last day of his eight-day official visit to China, a trip that also included stops in Beijiing, Shanghai and Hangzhou for the Group of 20 leaders' summit.

His primary goal of the visit was to strengthen commercial ties with the Chinese regime. He repeated his argument Tuesday that Ottawa's connection to China was "hot and cold" when the Conservatives were in power.

With Canada struggling through an extended period of weak growth, the government sees expanding the relationship with China as a key to helping the economy.

His appearance Tuesday in Hong Kong followed a landmark election result in the southern Chinese city that saw a group of young pro-democracy activists win seats in the local legislature.

THE CANADIAN PRESS

CAUTION

- Getting tighter with China poses challenges at home. Trudeau has had to address widespread concerns about the Chinese regime's handling of human rights.
- Asked how Canada might engage with China on behalf of Hong Kong, Trudeau was cautious. "I'm going to use a line that I've been able to use a few times regarding our neighbours to the south: Canada will work with whoever gets elected and forms government."

Sophia Spencer poses for a photo with her grasshopper named Hoppers in Alexandria, Ont. Her mother tweeted about her daughter's love of bugs and the post went viral. TORSTAR NEWS SERVICE

CREEPY CRAWLIES

For the love of bugs: Entomologists rally around bullied Canadian girl

Seven-year-old Sophia Spencer loves bugs so much she had her hair cut short so it wouldn't get in the way while she was catching them.

She keeps more than a dozen pet grasshoppers in a dinosaur bucket and Mason jar at home. Last year, her favourite bugs were snails, and the year before that she was fascinated with worms and ants.

After moving from Sarnia to Alexandria, Ont., and switching schools, her obsession with insects set her apart from the other kids and made her the butt of cruel jokes, according to her mom, Nicole.

The teasing started on the first day of school. Sophia was carrying a caterpillar around and talking to it, as she's prone to do, when a girl said: "You're weird. You shouldn't be playing with bugs."

The bullying only got worse, Nicole said. When Sophia brought another caterpillar to show-and-tell, a boy asked to see it after — then stomped on it.

"Nobody would go near her," her mom said.

She notified Sophia's teachers and still nothing changed, she said. The bullying had taken such a toll on her daughter's confidence that she wrote a heartfelt email to the Entomological Society of Canada. She asked the society to arrange a chat between Sophia and an insect specialist, who would encourage her love of bugs.

Sophia and Hoppers
TORSTAR NEWS SERVICE

"I want her to know from an expert that she is not weird or strange (what kids call her) for loving bugs and insects," Nicole wrote.

The email found its way to Jackson Morgan, the society's social media volunteer and a PhD student in entomology at Guelph University.

"I was heartbroken," he recalled. "I don't like hearing about anybody being bullied, especially about something I'm so passionate about." (Morgan studies stilt-legged flies, which are native to tropical climes.)

He posted the email to Twitter, where it grabbed the attention of entomologists from the U.K. to Australia.

By Friday afternoon, more than a hundred people had agreed to be her pen pal, said Morgan. The social media discussion took on a life of its own under the hashtag #BugsR4Girls as entomologists the world over posted words of encouragement and pictures of themselves holding creepy crawlies.

"I was inspired by brilliant female entomologists & I hope that I can do the same for others," tweeted Ashleigh Whifflin, an entomology curatorial assistant at the National Museums of Scotland, along with a picture of what appears to be a green caterpillar.

All the supportive messages for Sophia have lifted her spirits and made her feel "famous," her mom said.

These days, Sophia is back to her carefree, bug-catching self, Nicole said. After taking a break from catching bugs after being teased at school, she got back to her hobby and taught her best friend's little sister the art of hunting critters.

In a very short conversation with Torstar, Sophia said she isn't ashamed of her passion any more.

"I feel very nice and special," she said. TORSTAR NEWS SERVICE

The two presidential candidates are sending conflicting messages to voters. THE ASSOCIATED PRESS

A game of he said/she said

U.S. ELECTION

Clinton, Trump: He's a national security danger; no, she is

Hillary Clinton accused Donald Trump of insulting America's veterans and pressing dangerous military plans around the globe on Tuesday, seeking to undercut his appeal to service families in Southern voting battlegrounds. Trump declared "our country is going to hell" because of policies she would make even worse.

Clinton, addressing supporters in Florida, warned that Trump would lead the nation back to war in the Middle East. And to military vets and their families, she pointed anew to his summertime dust-up with the Muslim parents of a slain American soldier.

"His whole campaign has been one long insult to all those who have worn the uniform," the Democratic nominee said at the University of South Florida in Tampa.

Republican Trump, trying to emphasize his military support, released a letter from 88 retired generals and admirals citing an urgent need for a "course correction" in America's national security policy.

It was aimed at rebutting Clinton's arguments that she would be best positioned to lead the military and reassuring Republicans who have openly worried that his provocative statements might undermine U.S. alliances.

"We believe that such a change can only be made by someone who has not been deeply involved with, and substantially responsible for, the hollowing out of our military and the burgeoning threats facing our country around the world," the military leaders wrote.

"For this reason, we support Donald Trump's candidacy to be our next commander in chief."

Clinton pushed back, saying Trump has lagged in securing key military supporters compared to past Republican nominees.

She pointed to her endorsements from retired Marine Gen. John Allen, who blasted Trump at the Democratic National Committee, and former CIA deputy director Mike Morell. THE ASSOCIATED PRESS

STANFORD RAPIST

Turner registers as sex offender in Ohio

Brock Turner

The former Stanford University swimmer whose six-month sentence for sexually assaulting an unconscious woman sparked a national outcry has registered as a sex offender in Ohio, where he's living with his parents.

Brock Turner registered at the Greene County sheriff's office on Tuesday, four days after leaving a California jail after serving half his term. California jail inmates with good behaviour typically serve half their sentences.

Turner registered under his family's address in Sugarcreek Township, where about a dozen people had protested Friday as police watched.

The 21-year-old must register as a sex offender for life. He faces three years of supervised probation. THE ASSOCIATED PRESS

ALEPPO

Chlorine bombs dropped: Activists

Syrian activists and rescue workers in the rebel-held part of the contested city of Aleppo said that government warplanes dropped suspected chlorine bombs Tuesday on a crowded neighbourhood, injuring dozens.

The report could not be independently verified and it was not clear how it was determined that chlorine gas was released.

Accusations involving use of chlorine and other poisonous gases are not uncommon in Syria's civil war, and both sides have denied using them while blaming the other for using it as a weapon of war.

In Tuesday's attack, a medical report from one of the hospitals in the besieged eastern rebel-held part of Aleppo was shared with journalists via text messages. It said at least 71 persons, including 37 children and 10 women, were treated for breathing difficulties, dry cough, and that their clothes smelled of chlorine. The report said 10 of the patients are in critical care, including a pregnant woman.

Ibrahem Alhaj, a member of the Syria Civil Defence first responders' team, said he got to the scene in the crowded al-Sukkari neighbourhood shortly after a helicopter dropped barrels containing what he said were four chlorine cylinders.

He said he himself had difficulty breathing and used a mask soaked in salt water to prevent irritation. THE ASSOCIATED PRESS

CHICAGO

Deadly weekend

Thirteen people were shot to death over the Labor Day weekend in Chicago, making it the deadliest holiday weekend of one of the deadliest summers the city has experienced in decades. Police have not released a final tally, but according to local media reports at least 65 people were shot, including the 13 who died. THE ASSOCIATED PRESS

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Dog owners ditch dry food

PETS

Raw, cooked options trend becoming niche business

Karen Schiavone, pictured in her Toronto store Barkside Bistro which specializes in raw dog food, is one of many hoping to corner a market that may be poised to grow. THE CANADIAN PRESS

It seems like kismet that one of the inspirations behind Planet Pup, a Winnipeg dog bakery, was a pooch named Biscuit.

Deb Kurdydyk, who runs the business from her kitchen, said the idea came to her after she started cooking hot organic meals for her Shepherd-Rottweiler mix and wondered, why not start baking cookies and cakes too?

Planet Pup specializes in bone-shaped dog biscuits and birthday cakes. The treats, which are sold online and at some select local retailers, come in a variety of flavours including Wild Pacific salmon and smoked gouda, and elk, apple and blue cheese.

The niche business and others like it are hoping to corner a market that may be poised to grow in the future.

According to market researcher Euromonitor, pet owners in Canada are still opting for prepared food due to convenience, but a rising number are turning to organic and raw pet food.

A Euromonitor report released in June says while prepared dog food accounted for an 87 per cent share of total dog food consumption last year, that is expected to decrease this year.

"As Canadians become more aware of the health impact of their diets and lifestyles so too are they paying greater attention to the diets and lifestyles of their pets," said the report, titled Dog Food in Canada.

Last month, J.M. Smucker Co., a U.S. manufacturer of pet food, jams and other products, reported that sales in its pet food division declined six per cent due to a growing popularity of premium brands.

The company, known for its Kibbles 'n Bits brand, said it still believes pet food is a growth area, with the pet population expected to rise as more millennials and baby boomers adopt pets.

The issue, said J.M. Smucker, is that more pet owners are looking to feed their animals food with higher protein levels and simpler ingredient lists.

Karen Schiavone has been selling raw dog food at Barkside Bistro in Toronto's east end for three years after her two dogs died on the same night, both from cancer.

"I realized it was probably the food," said Schiavone, who also offers a delivery subscription service.

Barkside sells a variety of bones and meats, including beef, duck, elk, buffalo and kangaroo. She said the difference between buying raw dog food versus going to a butcher is being able to portion out the right amounts of bone, meat and organs for each meal.

Meghan Elenbaas, president of Lucky Dog Cuisine Canada, said people want to know exactly goes into their dog's food and are now more willing to pay for it.

THE CANADIAN PRESS

AUTOMAKERS

Unifor picks GM as target in contract negotiations

Unifor, which represents auto workers in Canada, announced Tuesday that it has selected GM as its target company in the opening round of "pattern bargaining" contract talks with the Detroit Three automakers that includes Ford and Fiat Chrysler. Unifor president Jerry Dias said GM was chosen because it poses the biggest challenge in terms of hammering out a deal. THE CANADIAN PRESS

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FISHERIES

European Union moves closer to banning American lobsters

The European Union will conduct a more extensive review of a proposal to ban lobsters imported from the U.S. and Canada after a scientific panel concluded Sweden raised valid points in its request to declare the American lobster an invasive species.

The opinion of the European Union's Scientific Forum on Invasive Alien Species sets in motion a broader review that also will take into account the opinions of North American officials, who've criticized the proposal to ban American lobsters.

The international dispute started when Sweden announced it had found 32 American lobsters in the country's waters earlier this year and that they pose a threat to native crustaceans.

Lobstermen in the U.S. and Canada, which together export $200 million worth of lobster to EU countries each year, had hoped to stop the proposal before it moved any further.

A spokesman for the European Union stressed that the scientific panel's conclusion is considered preliminary. The full review won't be completed until spring at the earliest.

CANADA VOWS TO FIGHT EU PLAN

Canada's Fisheries Minister Dominic LeBlanc says the Canadian and American governments will "vigorously" try to convince the European Union that the American lobster does not pose a threat.

Lobstermen in the U.S. and Canada stand to lose $200 million in business with EU countries if the ban becomes a reality, but they contend a ban is not supported by science.

Sweden set the wheels in motion when it announced it had found 32 American lobsters in the country's waters earlier this year and that they pose a threat to native crustaceans. CP

ISTOCK

The expanded review will include issues raised by scientists in the United States and Canada, and it'll also consider economic impact and means of protecting native lobsters other than an outright ban, said Iris Petsa, EU spokesman for maritime affairs and fisheries.

How the American lobsters ended up in Swedish waters is unclear.

Sweden's Agency for Marine and Water Management contends the country is right to be cautious about the appearance of a foreign species.

The agency also says more research is needed into the impact of cross-breeding of American and European lobsters.

But Robert S. Steneck, a University of Maine scientist, contends American lobsters don't pose a threat to European lobsters in part because winter ocean temperatures along the coasts of European countries are too warm for American lobsters to reproduce.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Wednesday, September 7, 2016

PAUL WELLS ON FEDERAL RESEARCH FUNDING

In giving $900 million to only 13 institutions and a few dozen researchers, the Liberals highlighted some disturbing trends in Canada's national science effort.

At first glance, the parade of cabinet ministers on university campuses across Canada yesterday might have looked like evidence of a new era in federal support for science.

Scott Brison was on hand at Dalhousie University in Halifax, which will work with the University of Prince Edward Island and Newfoundland's Memorial University on a multidisciplinary ocean-studies project. The size of the grant from Ottawa: $94 million.

Kirsty Duncan and Bardish Chagger were in Waterloo, where the Institute for Quantum Computing picked up $76 million to create powerful new technology using quantum physics. And on it went: $78 million for flood and drought prediction at the University of Saskatchewan. $84 million for brain research at McGill, $94 million for big data at the Université de Montréal, $75 million for clean energy at each of Alberta's two biggest universities.

In all, 13 centres of higher learning split $900 million in grants under the Canada First Research Excellence Fund (CFREF), whose website says it was designed to help Canadian post-secondary institutions become "global research leaders."

Specifically — and this fact was not emphasized at any of the announcements on Tuesday — it was designed in 2014 by the former Conservative government, whose finance minister at the time, the late Jim Flaherty, announced CFREF in his 2014 budget.

This tidbit should elicit a wry chuckle from anyone who's used to hearing the Harper government dismissed as a bunch of knuckle-dragging backwoodsmen at war with the Enlightenment. There was indeed a lot to criticize about how Harper did science, but those Liberal ministers were out there on Tuesday cashing Conservative cheques.

DON'T SPEND IT ALL IN 13 PLACES Dalhousie University received a $94 million cheque from the Liberal government yesterday, part of a $900-million federal investment in scientific research. THE CANADIAN PRESS FILE

(Since those cheques, whether red or blue, come out of your taxes, the difference is mostly one of dramatic effect. And this sort of policy continuity, where a new government implements an earlier government's decisions, is usually healthy, because it gives anyone who deals with government a chance to plan past the next election.)

But paternity is not the only interesting question to arise from yesterday's announcement. That $900 million, distributed among only 13 institutions and a few dozen researchers, serves to highlight some disturbing long-term trends in Canada's national science effort.

CFREF was created to allow big science in Canada to bulk up so it could compete against world-leading research institutions abroad. But it comes along at a moment when everyday science — the day-to-day efforts of researchers in labs across the country — has been struggling. The Harper government held the line on most operating grants to researchers, so fewer and fewer research applications have been receiving funding. The Canadian Institutes for Health Research, the main federal government vehicle for funding medical research, has seen its "success rate" fall to 13 per cent, and it will probably fall further.

That leaves a lot of frustrated and disillusioned scientists, many of them the younger early-career researchers who are entering precisely the period in their careers when most scientists do their most surprising and productive work. Tony Pawson, the British-born cell biologist who died in Toronto in 2013, opened up a whole new field of lucrative and life-saving anti-cancer therapies with research that didn't cost much, showed little obvious promise, and began when he was 21.

Michael Hendricks, a McGill University biologist, pointed out yesterday that with $700 million — less than the amount that was spent yesterday — Ottawa could fund "1,000 Canadian research labs that are already equipped and ready to go but are starved for operating funds."

Does it make more sense to bet big on 13 research institutes or to bet long on 1,000 quiet explorers? Maybe you should do a bit of both. It's not as though the Trudeau government is ignoring the question: a federal review of science funding is underway, led by former University of Toronto president David Naylor, with a mandate to report by the end of the year.

Naylor is a pit bull, and his panel's website suggests it's considering precisely the sorts of questions I've raised here. But its composition is weighted toward administrators over early- and mid-career researchers, and decisions are being made even as it does its work. It will do little good to decide, after $900 million has been spent, that other choices might have been wiser.

Strong day-to-day advice might help while the expert panels do their consulting. But 10 months after the government was sworn in, Trudeau and his science minister have not appointed a senior federal science adviser, something they promised to do in the last election.

Paul Wells is a national politics columnist for the Toronto Star.

Does it make more sense to bet big on 13 research institutes or to bet long on 1,000 quiet explorers? Maybe you should do a bit of both.

Mansbridge's successor: A gravitas-meister for the rest of us, let's hope

Vicky Mochama
For Metro

Flagship television news hasn't evolved much from its origins.

For most channels, news is still read by a person who is often a white man in an expensive suit. After some gravitas-laced reading aloud, he will throw over to a handful of correspondents dotted across the world then to a weather person. Then he'll wrap up with a lighter story.

"And finally, a waterskiing parrot has raised over $2,000 for the children's hospital. Our correspondent reports."

For Canadians, our Head of Gravitas has been Peter Mansbridge, CBC's host of The National, who has announced that he will longer host the flagship news show as of Canada Day 2017.

In 1993, Mans — as he's called by his very close friends/me — introduced Canadians to "a computer network called Internet." It's been 23 years now and it's time for the Internet to replace him. Video supposedly killed the radio star and yet we still know who Ira Glass and Anna Maria Tremonti are. So, yes, in the future, we will have news anchors. Sort of.

Ideally, the CBC will be at the forefront of existing technology and find a way to bridge Snapchat's filters and Pokémon Go's augmented reality layers onto broadcast news. Since Nahlah Ayed is going to trek to a tunnel under the Israeli-Palestinian border, why not allow the viewer to experience it from the safety of home? Maybe we can even keep Mans as a hologram, only now that reassuring voice and grey suit can wear a flower-crown filter.

Nothing from the CBC suggests that they have the ability to create a digital host. But on at least one front, they have the ability to push Canadian media past a major frontier: Do not give the National anchor job to another white man.

There's nothing *essentially* wrong with white men, but there are enough on TV at the moment, thank you very much. If you're not thrilled that a white man isn't reading the news, just wait an hour and a blinding array of white men can joke about the news on the late-night shows.

The CBC has a mandate to reflect Canadians back to Canada, and yet the corporation is incredibly white in a country that is at least a quarter visible minority. Recently, the CBC replaced Shad, a black man, with Tom Power, who is white, as host of Q. So they owe the Mansbridge replacement to the rest of us, who pay to see Canada reflected to us.

Peter Mansbridge exits the anchor's chair on Canada's 150th birthday. Let's step forward into our bright future by letting a person of colour tell my mom the day's sad news seven hours after I've read about it on Twitter.

Vicky Mochama is a writer and host of Commons, a political podcast. She can be reached at victoria.mochama@gmail.com

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BOOK EXCERPT **MARTHA STEWART'S VEGETABLES**

What grows together goes together

RECIPE

Get in the mood for autumn with this pork dish

Kitchen wisdom holds that produce that's in season at the same time will taste great on the same plate (what grows together, goes together, as the saying goes). Here, sweet potatoes, apples, and Vidalia onion are roasted along with pork chops for an autumnal one-pan supper.

The tubers soak up the pan juices — flavoured with apple cider vinegar, apple cider, and caraway seeds — that are also drizzled over each serving.

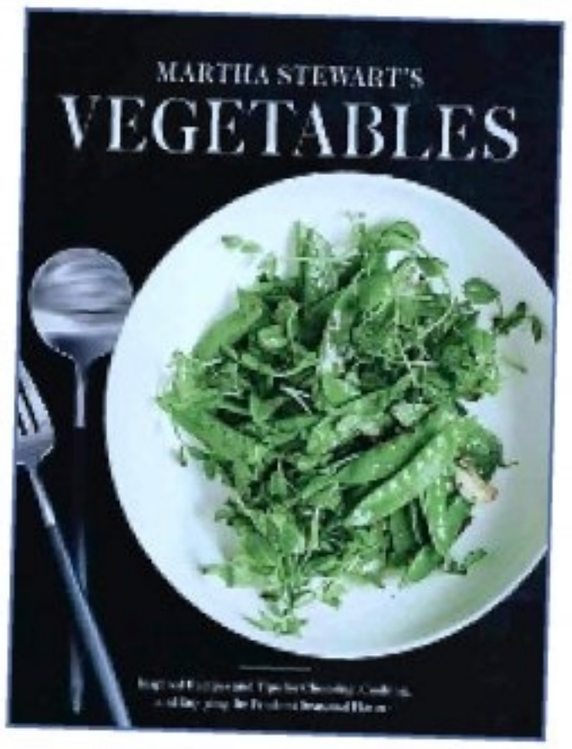
Roasted Pork Chops with Sweet Potatoes and Apples
Serves 4.

Ingredients:
- 4 bone-in pork chops (each about 10 ounces and 1 inch thick)
- Coarse salt and freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 2 medium sweet potatoes, scrubbed and cut into ¼-inch-thick rounds
- 1 large sweet onion, such as Vidalia, cut into ¼-inch-thick rounds
- ⅓ cup apple cider vinegar, preferably unfiltered
- ½ cup unsweetened apple cider, preferably unfiltered
- 1 teaspoon caraway seeds
- 2 apples, preferably Honeycrisp, thinly sliced, seeds removed

Directions:
1. Preheat oven to 375°F. Season pork with salt and pepper. Heat a large oven-proof skillet over medium high; swirl in oil. Cook chops until golden brown, turning once, about 8 min-utes total. Transfer to a plate. Remove all but 2 tablespoons fat from skillet.

2. Reduce heat to medium. Add potatoes and onion; season with salt. Cook until golden in spots, about 10 minutes. Add vinegar and cider. Cover and simmer, stirring a few times, until potatoes are tender, about 5 minutes. Sprinkle with caraway seeds.

3. Return pork and juices to skillet; tuck apple slices between chops. Roast until a thermometer inserted into thickest part of chops (without touching bone) registers 138°F, about 10 minutes. Serve pork, vegetables, and apples with pan juices.



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I TRIED IT

The Starbucks pumpkin spice latte has a hot sister

Ariel Teplitsky
Torstar News Service

Summer has come to its unofficial end, but fall couldn't feel further away. Is it really time to put away the garden hose and start thinking about our Halloween costumes? Not in the midst of this week's heat wave. (Though, if it continues, expect a lot of shirtless Trudeaus to come trick or treating.)

Nor are we yet inclined to put on a cosy sweater and curl up with all things pumpkin spice, the official flavour of fall.

Yet here we are.

This week, Starbucks is bringing back its popular seasonal offering, the pumpkin spice latte, but this time it's got rather more weather-appropriate company: chile mocha latte.

It's a similarly indulgent drink — a base of espresso laden with milk and whipped cream, but instead of pumpkin-pie spices and puree, there's cocoa, cinnamon and a kick of chile peppers. It's sweet, but a bit less so than the PSL, with 40 grams of sugar (and 350 calories) in the 16-ounce grande ($4.95).

Get a smaller size, or cut out the whipped cream, to diminish the guilt.

The drink brings the chocolate-chile combo, once limited to craft chocolate-makers and Mexican vendors, fully mainstream — just a few months behind chili-nut M&Ms, which debuted stateside this year. Is a sriracha Hershey bar far behind?

Our taste panel got a sneak sip of Starbucks' new brew — both hot and iced versions of the drink, since the company is trying to promote its chilled offerings beyond the summer months. While the weather lasts, that shouldn't be a problem.

We began with the hot drink: familiar flavours of sweet espresso, chocolate and cream followed by an undeniable bite of not-too-spicy chile. The spice does a nice job of balancing the beverage, which is otherwise a little too sweet for my tastes. Still, what's not to like? It didn't take long to drink half a grande.

Then it was time for the iced chile mocha latte, which tastes, well, like an iced mocha latte, hold the chile.

That's because most of the spice comes from a powder sprinkled over top of the whipped cream. In the hot latte, the cream and spice dissolve fairly fast. But in the iced version, much of the spice powder remains suspended on the cloud of whipped cream even after you've inhaled all the cold liquid through a straw.

Without the spice, it tastes notably sweeter than the hot latte.

Better to order just a dollop of whipped cream with the iced version, or get a different drink.

Tailored to your particular taste, the hot chile mocha latte is a keeper. But once colder weather sets in, the CML will be no match for the PSL.

Would I drink it again? Inevitably.

The chile mocha latte brings the chocolate-chile combo, once limited to artisan chocolatiers, to the mainstream.
TORSTAR NEWS SERVICE

RIPLEY'S AQUARIUM

Drake, RiRi date spawns matching shark tattoos

Drake wears feelings on his forearm. INSTAGRAM/CHAMPAGNEPAPI

Colin McNeil
Metro | Toronto

Rihanna may have Love on the Brain, but Drake has it on his arm.

The 6ix God was recently spotted with a camouflage shark tattooed on his right forearm — the same ink that Rihanna recently showed off in an Instagram post.

The significance? Drake reportedly rented out the entire Ripley's Aquarium for a private date with his on-again, off-again love interest earlier this summer, in July. Rumour has it he bought her a stuffed shark, and the tat is a reference to the heartfelt gift.

Rihanna's bitten by love. INSTAGRAM/BANGBANGNYC

If that wasn't romantic enough for you, the musical power couple later took an affectionate selfie under the CN Tower. Now that's what we call Views From The 6.

JOHANNA SCHNELLER WHAT I'M WATCHING

Entire episode is a spoiler

THE SHOW: American Gothic, Season 1, Episode 11 (Global)
THE MOMENT: The complete recap

Virginia Madsen (Madeline Hawthorne) tells everyone in the family whodunnit in Episode 11 of American Gothic. CONTRIBUTED

"You need to know the whole story," Boston matriarch Madeline Hawthorne (Virginia Madsen) tells three of her grown children — Alison (Juliet Rylance), who wants to be mayor; Cam (Justin Chatwin), a recovering drug user; and Tessa (Megan Ketch), pregnant and fragile — about the local serial murderer known as the Silver Bells Killer (SBK).

Meanwhile, while digging up a body, Madeline's other child, Garrett (Antony Starr), hunky and troubled, tells the same story to Tessa's husband Brady (Elliot Knight), a cop.

"The man you pushed down the stairs was SBK," Madeline intones.

"I kept the knife as a reminder that I had to do what I did," Garrett growls.

"So Dad wasn't SBK, he was a copycat," Cam deduces.

"He killed to protect his fortune," Alison adds.

"Why didn't you tell us when we found the bells?" Tessa wonders.

"Or when his DNA matched the belt?" Alison asks.

This is one of the strangest hours of TV ever. Instead of the usual mystery series route — seed clues throughout the episodes; let viewers figure some stuff out along the way; build to a finale that reveals answers via plot — this one just throws up its hands and says, "That's hard. How ''bout I simply tell you everything all at once?"

The real question isn't, Why didn't Madeline tell her kids this earlier and spare them a lot of grief? The real question is: Why the heck is she telling us this now, since it renders the entire season we just watched absolutely moot?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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The line between bling and beauty

HANDOUT

REVIEW

C-Class had to be great —and fortunately it is

Sami Haj-Assaad
AutoGuide.com

With the A5 needing a refresh and starting to look old in the eyes of some socialites and the 4 Series lacking the style and sportiness that drivers in this segment are looking for, Mercedes-Benz is offering a shining star in its C-Class Coupe.

While the last generation C-Class Coupe showed up a few years after its sedan counterpart hit the market, this new-gen model is hot on the heels of the launch of the new sedan; it seems like Mercedes is eager to strut its stuff in this interesting market segment.

The luxury coupe competition has become stale and the only fresh new vehicles are coming from unusual sources, like the new, but polarizing Lexus RC. To turn that trend around, the new C-Class Coupe has to be fantastic. Fortunately, it is.

First impressions are important, and the C-Class walks a fine line between bling and beauty. While many of the test vehicles featured the brand's usually excessive looking diamond chrome grille option, these cars didn't look garish at all. Eighteen-inch wheels and other aggressive exterior appearance parts also helped the C-Class Coupe maintain a striking visual presence.

Sleek from all angles, this Coupe easily stands out alongside the bigger, more expensive Mercedes vehicles and coupes. The C-Class no longer has a second class design or a cheap interior; Mercedes' new interior design language is among the best in the market. Circular vents are accented by chunky, toggle-like switches and if the car features the upgraded Burmester audio system, the speaker grilles are like little art installations in their own right.

Throwing the C-Class around the back roads of Maine and New Hampshire is a good way to feel how the Coupe is tuned for more feedback and a tighter response in terms of steering and handling. However, most of the cars tested were equipped with the AMG Sport Package that included a sport suspension, so the ride did get a bit choppy, especially over broken pavement. Alternatively, the brand's Airmatic suspension smoothed out the ride and is a must-have option. While the suspension gives plenty of feedback, the steering is a bit lifeless.

But with its competition from BMW and Audi now stale, the introduction of the new C-Class is a refreshing sight in this niche segment. While the A5 and 3 Series Coupe have enjoyed success in the past, it's clear that the Mercedes C-Class Coupe is now the best two-door luxury car on the market.

THE CHECKLIST | 2017 MERCEDES-BENZ C300 COUPE

THE BASICS

Engine: Turbo 2.0-litre four-cylinder
Power: 240 hp and 38 kg/m of torque
Transmission: Seven-speed automatic
Price (CAD): Starts at $48,100

LOVE IT

- Great style
- Beautiful interior
- Solid engine

LEAVE IT

- Seats could be better
- Sport suspension is too harsh

RECOGNITION

2017 Lincoln MKZ wins top safety award

Jason Siu
AutoGuide.com

The 2017 Lincoln MKZ has earned the highest safety rating from the Insurance Institute for Highway Safety (IIHS).

The midsize luxury car shares its platform with the Ford Fusion, which also earned a Top Safety Pick+ designation from IIHS. Both cars had their front ends and bumpers modified to improve protection in frontal crashes and now earn a good rating in the small overlap test, compared with an acceptable rating for earlier models.

Like the 2017 Ford Fusion, the MKZ is available with an optional front crash prevention system that earns a superior rating. In IIHS track tests, the MKZ was able to avoid collisions at 19 km/h and 40 km/h.

To qualify for Top Safety Pick+, the top award from IIHS, a vehicle must earn good ratings in the small overlap front, moderate overlap front, side, roof strength and head restraint tests.

It also must have an available front crash prevention system that earns an advanced or superior rating.

The 2017 Lincoln MKZ. LEE BAILIE/TORSTAR NEWS SERVICE

WHEELS BRIEFS

Installing child seats getting easier, safety agency says

Three vehicles have earned a top rating of good+ on the Insurance Institute for Highway Safety's (IIHS) LATCH ease-of-use ratings.

The agency launched its ratings of child seat installation hardware in vehicles in June 2015, and at the time, most of the 102 vehicles that were rated scored poor or marginal. Now, 170 current models have been evaluated and most are good or acceptable. This year also marks the first time a vehicle has received a good+ rating with the Audi Q7, Lexus RX and Toyota Prius all earning the highest marks.

"Frustrating child seat installations have become a familiar rite of parenthood," says Jessica Jermakian, an IIHS senior research engineer. "Unfortunately, these frustrations lead to mistakes that can have real consequences in the event of a crash. We're pleased to see automakers taking this issue seriously."

JASON SIU/AUTOGUIDE.COM

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SiriusXM

DODGE CARAVAN KIDS

4 ALL-TIME HOTTEST CARS, ACCORDING TO PAGANI

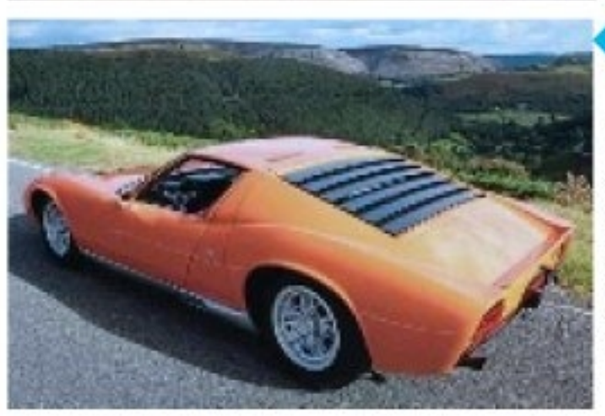
While the performance of Pagani's automobiles is hard to argue with, the design of these supercars is what makes them truly desirable. In the words of Horacio Pagani himself, the engineering and design of the cars go hand in hand. We chatted with the automaker's founder and CEO to ask him what he considers to be some of the most beautiful cars of all time. **SAMI HAJ-ASSAAD/AUTOGUIDE.COM**

1 Jaguar E-Type

The Jaguar E-Type is one of the few non-Italian cars on Pagani's list. Originally introduced in 1961, the E-Type uses a front-engine, rear-wheel-drive layout with a 3.8-litre inline-six engine under its long hood. Making 265 horsepower, the E-Type was more than just a pretty machine — it could move, too. Many designers reference the E-Type as a major influence, so it's not a huge surprise to see Pagani give some props to this British icon.

2 Mercedes-Benz 300SL Gullwing

This choice must have been made by Pagani's inner engineer, because when the 300SL debuted, it was the fastest production car available. The 300SL was named for its unique gullwing doors, and you can see that inspired Pagani.



3 Lamborghini Miura

The Lamborghini Miura has a place in history as being one of the first high-performance, mid-engined cars ever. It practically invented the term supercar, so it's no surprise to see it here on Mr. Pagani's list.

4 De Tomaso Pantera

The De Tomaso Pantera is one of the most misunderstood classics in supercar history. The combination of Italian styling with an American V8 is something that's hard to ignore, but many classic car connoisseurs balk at the quirky car. Fortunately, Pagani isn't one to deny this car's cool factor. Still, this is definitely a surprising entry on this list.

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2.0 TSI TRENDLINE FWD

Highline model shown

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1.8 TSI 3-DOOR TRENDLINE MANUAL TRANSMISSION

Highline model shown

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metro SPORTS

FIFA president Gianni Infantino is open to a 40-team World Cup in 2026, with several countries serving as co-hosts

Holtby takes 'long road' back to Team Canada

WORLD CUP OF HOCKEY

Vezina winner last played for country in 2007 at U18s

When Braden Holtby last represented Canada on the international stage it was almost a decade ago and he barely played.

The 26-year-old from Lloydminster, Sask., has been slowly inching upward ever since. From fourth-round pick of the Washington Capitals to starting netminder in the NHL to Vezina Trophy winner and record-setter and back once more with Team Canada, this time as the likely next-in-line behind Carey Price at the World Cup of Hockey.

"It's a long road," Holtby said following the second day of World Cup training camp. "I just always focused on that next goal, that next level trying to get there. It's always been the dream to be here, so you never really think twice about it you just do what's necessary."

Holtby played eight minutes 50 seconds at his last international experience nine years ago (2007), the backup to future Colorado Avalanche draft pick Trevor Cann at the under-18 championships in Finland. The Canadians finished fourth that year, despite boasting Steven Stamkos, Drew Doughty, and Logan Couture, all of whom would join Holtby again nearly a decade later on the latest incarnation of the Canadian World Cup team.

Doughty somehow remembers it all quite well, even down to the fact that Cann (who's yet to play an NHL game) and not Holtby, started. Couture recalled playing cards with Holtby in their Finnish hotel room, describing him as a goaltender who was long under the radar.

Holtby was passed over entirely for the world junior championships.

> **"It's always been the dream to be here, so you never really think twice about it you just do what's necessary."**
> Braden Holtby

"Even back then I remember he was a good goalie," Doughty said. "Obviously to be on the under-18 team you've got to be a really good goalie and I guess he's just taken that talent to another level. He's one of the best goalies in the league now."

Holtby was shocked when Canada invited him to their summer Olympic training camp in 2013, somewhat in awe of the talent around him. He knew he wasn't part of the top group at that point, then just a couple years into his career with Washington.

"I knew the ability was there," Holtby said. "I just had to find it."

It didn't come right away. Holtby stumbled backward in the 2013-14 season (.915 save percentage) before leaping into the elite crowd with 41 wins, nine shutouts and a .923 save percentage two years ago. In capturing the Vezina last season, Holtby matched Martin Brodeur's single-season wins record, totalling 48 (in 12 fewer games than Brodeur) for the Capitals.

He doesn't look at his conquest as the league's top goaltender, nor his inclusion on Team Canada as turning points in a career that's always trended up. He circles back to the point when he first made it into the NHL, when he first realized he could compete for his ultimate goal: the Stanley Cup.

"And that's really the only focus," said Holtby, who went 48-9-7 last year as the Capitals were vanquished in the second round by Pittsburgh. "I'm not really too focused on other personal stuff."

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

48

Holtby matched Martin Brodeur's single-season wins record last season.

RIO2016

Hoops star chosen to wave the Maple Leaf

When David Eng made his Paralympic debut 12 years ago in Athens, coach Mike Frogley would jot down a word each day and pin that word on the wall.

They were words like "leadership" and "commitment," character traits Frogley wanted his players to embody.

They were words, Eng decided then and there, to live by.

"I started focusing on that," Eng said. "That was what I wanted to become, was that type of person."

David Eng THE CANADIAN PRESS

The 39-year-old veteran of Canada's wheelchair basketball team has been chosen to carry the Maple Leaf into the opening ceremony of the Paralympic Games on Wednesday.

Frogley, now the high performance director for Wheelchair Basketball Canada, said there was no better choice. Every great player and every team, he said, "starts with great character."

"And that's what David is: great character that allows us the opportunity to be great," Frogley said. "And he's a great representation of Canada, (he) embodies all the things that Canadians hold in the highest regard, his work ethic, his discipline, his commitment to the team ... those are things all Canadians share in, so they share in him marching out holding our flag."

The two-time Paralympic gold medallist, who was cheered on by both the men's and women's wheelchair teams at his news conference Tuesday morning, will be competing at his fourth Games. Canada won gold in Eng's debut in 2004, took the silver at the 2008 Beijing Games and won gold four years ago in London.

THE CANADIAN PRESS

WORLD CUP QUALIFYING

Portugal misses star in loss to Swiss

European champion Portugal failed to overcome the absence of Cristiano Ronaldo this time, and lost 2-0 to Switzerland in a World Cup qualifying match on Tuesday.

For Portugal's first competitive match since beating France in the Euro 2016 final, Ronaldo was left out of the squad while he recovers from the knee injury sustained in the opening minutes in Paris.

A Swiss team which mostly lacked spark in France came to life with two goals midway through the first half at Basel.

Breel Embolo headed the opening goal in the 23rd minute and Admir Mehmedi curled in his shot in the 30th.

THE ASSOCIATED PRESS

TUESDAY In Geneva

2	0
SWISS	PORTUGAL

IN BRIEF

Cramping forces Raonic out of Davis Cup tie

Canada will be without top player Milos Raonic when it takes on Chile in a Davis Cup playoff later this month in Halifax.

Tennis Canada says Raonic is skipping the series due to "lingering effects of the cramping he experienced during his second-round match at the U.S. Open last week."

The all-time series between Canada and Chile is even at 4-4.

THE CANADIAN PRESS

U.S. OPEN

Monfils continues roll into semifinals

Gael Monfils reached his first Grand Slam semifinal since 2008 with a straight-set victory at the U.S. Open over 24th-seeded Lucas Pouille, who upset Rafael Nadal a round earlier.

The 10th-seeded Monfils beat Pouille 6-4, 6-3, 6-3 in an all-French quarter-final Tuesday.

The entertaining Monfils has been playing the best tennis of his career lately, winning all 15 sets he's played at Flushing Meadows during this tournament. THE ASSOCIATED PRESS

Gael Monfils GETTY IMAGES

RECENT MEDALS

Both the Canadian men and women captured silver medals at last summer's Parapan Am Games in Toronto.

RECIPE Asian Chicken Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You can make this in a time crunch and not sacrifice deliciousness.

Ready in 30 minutes
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 2 chicken breasts
- 1/4 - 1/2 purple cabbage, thinly sliced
- 1/4 - 1/2 green cabbage, thinly sliced
- 2 carrots, shredded
- 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- 2 spring onions, sliced
- handful cilantro, chopped
- 1/3 cup peanuts, chopped (optional)

Dressing
- 1 Tbsp sesame oil
- 1 Tbsp soy sauce
- 1/2 tsp sriracha
- 1 Tbsp vegetable oil
- 1 tsp fish sauce
- 1 tsp sugar

Directions

1. Fill a skillet with water and season the water with salt and pepper and bring it to a simmer. Place chicken breasts in water and cook 10 to 12 minutes, depending on how thick the breasts are. Remove from the skillet to clean plate. Use two forks to shred the chicken.

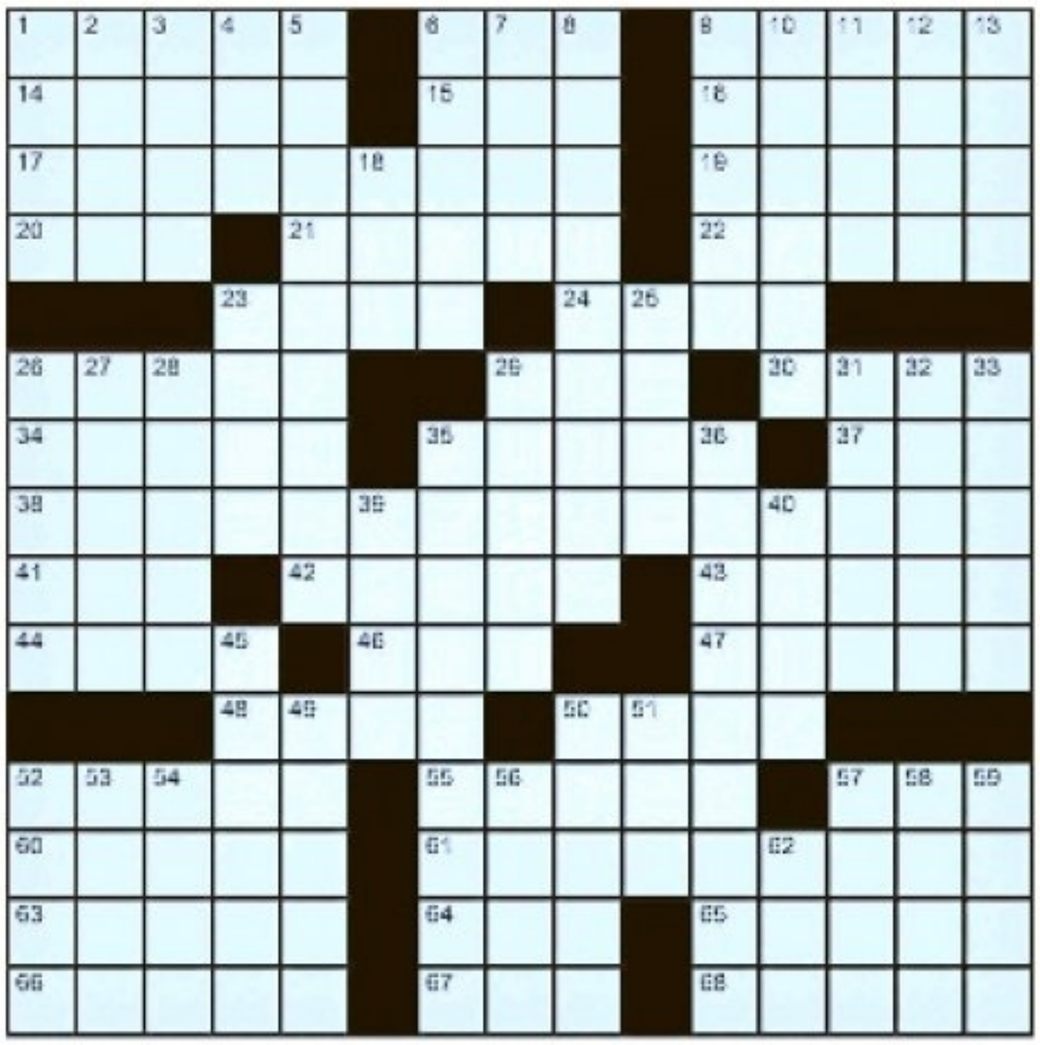
2. In a small bowl, whisk together the dressing ingredients.

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sense, airport canine style
6. Lettered car-pooling lane
9. Toward the stern
14. Jane Fonda's dad, in Paris
15. Songstress Ms. DiFranco
16. Story with morals
17. King Arthur's legendary weapon
19. Stewpots
20. East Coast ocean, for short
21. Canadian 'Push' group
22. Conforms
23. Deer's tail type
24. _-_-the-minute (In style)
26. Unlawfully lift
29. Pro
30. Pharaoh snakes
34. Dominican Republic neighbour
35. Beer holders
37. Celeb photographer
38. Reporters aspire to providing it on big stories: 2 wds.
41. Cereal grass
42. Walk-in closet collection
43. Outspoken
44. Weight allowance
46. Same old, same old
47. Function
48. Lunchtime order
50. Pony's pride
52. Looseness in the line
55. Lyre-playing Muse
57. Holy hail
60. Chilly weather comfort drink
61. 1999 Keanu Reeves blockbuster: 2 wds.
63. Big name in office labels
64. "Mazel _!"
65. K, to Homer
66. Hatchlings' homes
67. 'Computer' suffix
68. Muscle _

DOWN
1. Beatles famed concert stadium
2. Following
3. Comes with it, for short
4. Monk's title
5. They're shown in a critique of a latest Hollywood release: 2 wds.
6. Custom
7. Cross to bear
8. Super skilled sorts
9. Underway
10. Movie boxer Rocky's surname
11. Up to the task
12. Celebrity chef Bobby
13. "Guarding _" (1994)
18. Cash substitute letters
23. Fill
25. Prior to, for short
26. Top type
27. Ms. Tucker
28. Canada's largest duck
29. Aspect
31. Planetary place
32. Particular polytheistic person
33. Wheat type
35. Name of fashion designer Karl Lagerfeld's pet cat he always carries around that has its own Twitter and Instagram accounts
36. Winnipeg: Battle of _ _ National Historic Site of Canada, as per the 1816 conflict in the Pemmican War
39. Drive-_ restaurant
40. Wander
45. Police _ (Dignitary's accompaniment)
49. Signs off on
50. Irish writer Ms. Binchy
51. Bills spewer in the mall
52. Casually look over
53. Zero, in a tennis match
54. Hotshots
56. 17th Greek letters
57. Harp, in Italy
58. Limo passengers often
59. Big test
62. Do some spy work

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to make future travel plans or to check out approaches to further studies and schooling. Whatever you do will have a practical, pleasant outcome.

Taurus April 21 - May 21
Relations with co-workers are positive and supportive today. If someone older or more experienced has advice for you, listen to it, because it will help you.

Gemini May 22 - June 21
A romance might blossom with someone older today. Those of you involved in the arts will find that you have the discipline to practice and hone your skills and techniques.

Cancer June 22 - July 23
Any effort to introduce improvements or redecorate your home will go well today. Not only will things be more attractive, they also will function better. An older family member might help.

Leo July 24 - Aug. 23
You can make money with your communication skills today. This could be through writing, talking, sales, marketing, teaching or acting. It's easy to be diplomatic and practical.

Virgo Aug. 24 - Sept. 23
This is an excellent day for business and commerce. Look for ways to solidify your finances so that they are more secure in the future. Someone older might help you.

Libra Sept. 24 - Oct. 23
Today your steady, calm approach to things creates a role model for others. You see a happy marriage between practical function and relationships. Good for you!

Scorpio Oct. 24 - Nov. 22
A secret relationship, possibly romantic, with someone older or more established, might take place today. Whatever you do (especially in terms of money) will be low-key.

Sagittarius Nov. 23 - Dec. 21
Check in with someone older or more experienced today to get this person's guidance. His or her suggestions can help you to set future goals. You will know what is doable

Capricorn Dec. 22 - Jan. 20
A romance with a boss or someone older or more experienced might begin today. Others will approach you to give their creative advice on design, layout or furniture arrangement.

Aquarius Jan. 21 - Feb. 19
Travel plans, especially with someone older, look promising today. This is also a good day to seek advice from a teacher or guru-like figure.

Pisces
Feb. 20 - March 20
This is a good day to settle debts and discussions about inheritances and shared property. People are conservative; however, they want to reach an agreement.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4		3			
2		6		1		3		7
7			9		5			1
	4						3	
6			7		2			5
3		8		7		6		2
			3		9			

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

9	3	4	7	1	8	6	5	2
6	7	1	4	2	5	8	3	9
8	2	5	6	9	3	4	1	7
5	1	9	2	7	4	3	8	6
3	6	7	5	8	1	2	9	4
2	4	8	9	3	6	1	7	5
1	5	2	8	6	7	9	4	3
7	8	6	3	4	9	5	2	1
4	9	3	1	5	2	7	6	8

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